

Core Strands of the Curriculum Framework

Major Strands:

The 3-level and 6-stage model is composed of the following core strands. They are:

Education for Health

Education for Health is essential to enable students to acquire the knowledge and skills to promote personal, family and community health. The second & the third levels study the relationship between positive health behaviors/lifestyle choices and the prevention of injury, illness, disease and premature death. They also learn about stress management strategies, first aid and CPR, conflict resolution and dealing with grief and loss. Each student will learn to develop his/her personal health plan. [Refer to **Notes 1 for the 'Education for Health' Curriculum Framework 2008-2009**]

Physical Education

The first and the second levels begin to learn the rules of all the team and dual sports. Activities may include developmental tumbling, swimming lessons and dances. Other areas of concentration include soccer, flag and touch football, tennis, volleyball, badminton, basketball, track and field, posture-diet-functional exercise, physical fitness work, simple games and relays.

The third level advances their skills and learns new sports like team handball, softball and archery. Emphasis is placed on strategy, form, teamwork, rules, sports vocabulary and the individual's responsibility for his/her own progress.

Life Skills

Each level offers a daily Life Skills class consisting of programs in the following areas: nutrition, physical education and fitness, peer, family and community relationships, collaborative and cooperative skills, and religious studies, spiritual values and ethics.

Skills for Adolescence

This strand is taught to students in all levels each year. It is designed to involve students in actively dealing with such issues as emotions, peer and family relationships, substance awareness, decision making and goal setting. Classes provide practical experiences in improving communication skills, resisting negative peer pressure, setting reasonable goals and making thoughtful decisions. The ultimate goal for this class is to help students increase their self-confidence and motivation.

Project Adventure

Lam Tai Fai College, offers students tremendous opportunities for community and personal growth. It is an integral part of the Life Skills block. With a commitment to "challenge by choice," each student has the opportunity to stretch according to his/her needs and definition, take a risk, and try something very difficult while enjoying the wonderfully sensitive support of a group of knowing peers.

Service Learning

Spiritual growth is not simply a matter of personal beliefs; it requires outreach to other people in a spirit of relationship building. Students become more aware of others' needs and differences through community service projects integrated into the curriculum at all levels.